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ONE MAN TRAVELLIN' BAND

JUNO-NOMINATED
MATT MAYS WILL STOP
IN LONDON OCT. 22
DURING HIS CRISS-CROSS
JOURNEY FOR SOLO
SHOW **PAGE 9**



London's unemployed get hope ... however small

Samsung/Canadian Solar
plant expects 5,000
applicants for 200 jobs **PAGE 3**

..... Sorry, using wireless in the U.S. SO SLOW

New study finds network
speed in Canadian cities is
faster than in America **PAGE 7**

Domi dishes on Capitals connection

Knight's coach in Phoenix
and his current coach were
teammates in Washington.
Both like to win **PAGE 17**

Magnificent 7 led by Baechler

City hall. Councillor
mentors female
politicians of the future



**SCOTT
TAYLOR**
scott.taylor@metronews.ca

Could there one day be a
Baechler seven at city hall?

Coun. Joni Baechler laughed
heartily at the notion, even if
she is giving six protégés a head
start in politics. "Wouldn't that
be funny? I don't think that'll
happen in this town, but it's
a nice thought," she said with
tongue firmly planted in cheek.

Baechler is taking her role
as mentor to six female stu-
dents of King's College just as
seriously as she does her lead in
London's participation in Head
Start, a program that will see
young women aged 16 to 24 ad-
dress and identify barriers that



Joni Baechler CONTRIBUTED

limit opportunities for them to
participate in municipal deci-
sion-making.

"The Federation of Can-
adian Municipalities put out a
call in the summer asking cities
that are interested in coordin-
ating a Head Start program to
apply," she said. "I applied and
found out in September that
we're one of seven commun-
ities across Canada to do it."

"We represent 52 per cent of
the population, but only 25 per

cent of the municipal seats,"
Baechler said.

The United Nations defines
30 per cent as the minimal
percentage of women required
for governments to reflect
women's concerns.

Baechler has lined up rep-
resentatives from Western
University, local colleges and
school boards to start rolling
out a series of forums, the first
of which will take place Friday
at King's College.

It's not to say that men don't
make good decisions," she said.
"That's not what this is about.
It's about a perspective that
you have as a male and I have
as a female. We're very differ-
ent and have different ways
of dealing with a problem. So
having that perspective repre-
sented at a political table or civic
discussion is very important.
Otherwise, you're missing an
important voice of half of the
electorate."

NOTE: DRY CLEAN CAPE

Back row, left to right, Carol Vandenberg, from LA Mood Comic and Games, Christopher Runciman from Heros, Tracy Willems from Central Branch, London Public Library. Front row, left to right Andrew Greenham, from Forest City Coins, Patrick Greenham dressed as Iron Man, Logan Greenham dressed as Batman and Chris McInnes from Uber Cool Stuff, pose for a picture ahead of the Halloween Comicfest that will be held on Oct. 26 from 10 a.m. to 6 p.m. Individuals, old or young are invited to get dressed up as their favourite character or most scary villain. Visit londonpubliclibrary.ca for all the information needed to enter. **MARK SPOWART/FOR METRO**



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Western. United Way to benefit from lofty challenge

Western University announced Wednesday an ambitious goal of \$780,000 for its 2013 campus-wide fundraising campaign benefiting the United Way of London & Middlesex.

Last year's campaign generated the largest workplace contribution to the United Way with more than \$746,000.

"Western is once again pushing the envelope within our campus community to consider doing more and giving more to this critical annual campaign," said Janice Deakin, Western's provost and academic vice-president in a release.

"Collectively, the investment we all make in our community's changing needs helps support the United Way's vision of a community where everyone matters and Western is determined to make a difference."

Co-chairs of the campaign — Betty Anne Younker, dean of the Don Wright Faculty of Music, and Peggy Wakabayashi, director of residences — challenged the Western community to be creative in their fundraising activities for this year's campaign.

Western will be taking part in the United Way Stair Climb on Nov. 7. The campaign will conclude on Jan. 22. **METRO**

The goal

\$780K

Western University's 2013 campus-wide fundraising goal for the United Way.



Deb Matthews, MPP and Minister of Health and Long Term Care, left, Amit Chakma, president of Western University, and Dr. Michael Strong, dean of Schulich Medicine and Dentistry, cut a ribbon to officially open the new Centre for Public Health and Family Medicine. **MARK SPOWART/FOR METRO**

Public health gets major cash infusion

Western. A \$1.8 million boost from the province helps open the doors at Centre for Public Health and Family Medicine

MARK SPOWART
london@metronews.ca

A new building and new program aim to help Ontario become the "healthiest place to grow up and grow old."

Western University cut

the ribbon on its \$17-million, 66,700-square-foot Centre for Public Health and Family Medicine that will house the academic and research sites for the Department of Family Medicine, along with the new Schulich interfaculty program in public health and its inaugural class in master of public health (MPH).

"This building will serve as Western's hub for knowledge creation and translation in the realm of public health," said Amit Chakma, president of Western University.

"Along with Schulich Medicine and Dentistry, the

MPH program taps into eight other Western faculties as well as Brescia College. It is an interdisciplinary initiative that will facilitate the training of our future leaders in public health," said Chakma.

On hand for the ribbon cutting was Deb Matthews, MPP for London North Centre and Ontario Minister of Health and Long Term Care.

"As we strive to make Ontario the healthiest place to grow up and grow old, we need to look at the health of our population and how are doing as a population," she said. We want the very best

More emphasis

"Bringing public health into the overarching strategy to keep people healthy and well is really where we are putting more emphasis."

Deb Matthews, MPP for London North Centre and Ontario Minister of Health and Long Term Care

for people when they are sick and the very best care for people at the prevention level," said Matthews.



Andrew Sercombe, a fourth-year student at Western University, checks out the website for the new Creative Services centre inside the University Community Centre at Western. **MARK SPOWART/FOR METRO**

New Creative Services not just for students

A new service offered by students is challenging the professionals on price and aiming to bring more people on to campus.

Creative Services in the University Community Centre (U.C.C.) at Western University is a one-stop shop for printing, promotional and other creative services students or Londoners may need.

"Creative Services is the rebranding of InPrint and

Purple Door Promos," said Mitch Braunstein, a fourth-year arts and communities student at Western.

"We have combined and are now offering more services including promotional merchandising, web and graphic design, video production and printing."

Customers who require printing services can email a PDF file or upload it themselves at self-serve kiosks.

Braunstein says printing is the service students need most and believes they will find the prices attractive.

"Students don't like paying \$50 per printer cartridge. You can come here and get your course notes printed within half an hour," he said.

You can find Creative Services in room 267 in the U.C.C., or online at usc.uwo.ca/creative-services.

MARK SPOWART/FOR METRO

Enbridge. Line 9 proposal slammed at hearing

An Enbridge proposal to reverse the flow of a pipeline that runs between southern Ontario and Montreal puts First Nations communities at risk, threatens water supplies and could endanger vulnerable species in ecologically sensitive areas, a National Energy Board panel heard Wednesday.

The arguments — put forward by representatives of two First Nations and an environmental group — were among the first of many final submissions being made to the board this week before it makes its decision on Line 9.

Enbridge wants to reverse

Line 9 and increase its capacity to move 300,000 barrels of crude oil per day, up from the current 240,000 barrels. It has also asked for permission to move a heavier form of crude.

"If there ever was a spill it would definitely affect our fishing, our harvesting and all our traditional hunting grounds," Myeengun Henry, of the Chippewas of the Thames First Nation, said outside the hearing. The line is "close to 40 years old ... I don't think the pipeline will be able to control the new substance it's pumping through."

THE CANADIAN PRESS



Band Councillors from the Chippewas of the Thames First Nation hold aloft a Two Row Wampum Belt during a National Energy Board hearing on Enbridge's application to reverse a 98 pipeline. CHRIS YOUNG/THE CANADIAN PRESS

Spooky seniors

Grandpa's become a werewolf

London's musical seniors are at it again. The Waverley Mansion retirement home residents had gotten international attention with viral videos of Carly Rae Jepsen's Call Me Maybe and Psy's Gangnam Style. Now, for Halloween, they have recreated Michael Jackson's Thriller. Visit metronews.ca to see it. **METRO**

African Canadians

Conference looks forward

The second Moving Forward African Canadian Conference, sponsored by ACFOLA, will be held at the London Convention Centre, Nov. 22. ACFOLA will showcase its commitment to the community by exploring employment and economic development of African Canadians in London and area. **METRO**

Job fair offers hope to London's unemployed

Too many fish in the sea. Long-awaited Samsung/Canadian Solar plant expects 5,000 applicants for 200 jobs

MARK SPOWART

london@metronews.ca

Hundreds of Londoners lined up with resumes in hand and with fingers crossed, hoping to land one of 200 jobs London has been waiting for since 2010.

As the corridor to the Carousel Room at Western Fair District filled up Wednesday, officials inside were preparing to see upwards of 5,000 individuals during the two-day job fair.

"There are a wide range of positions, so we are looking for around 200 openings in light and medium assembly as well as technical work, material handling, engineering, supervision and rigging," said Rick Williams, General Manager of Canadian Solar Manufacturing.

Kody Allison was one of the throng waiting for his chance to shine in front of Canadian Solar representatives.

At 21 years of age, his

Still time

The job fair continues today from 9 a.m. to 3 p.m. in the Carousel Room at Western Fair District.



Londoner Kody Allison, 21, has been out of work for a month. He is hoping that will soon come to an end after waiting for his turn to meet with officials from Canadian Solar during a two-day job fair being held at Western Fair District.

MARK SPOWART/FOR METRO

demographic has seen unemployment rates topping 20 per cent in 2013.

"I think I have a pretty good chance. You have to remain optimistic," said Al-

lison, who has been looking for work for just over a month.

With a background in manufacturing and warehouse work, he is hoping to

find a job that will also give him some flexibility when he returns to school in September 2014 to study HVAC (heating, ventilation and air-conditioning) at Fanshawe College.

Crowd hears about plans for city's core, and votes



City planner John Fleming addresses the crowd of about 100 people at the downtown masterplan community consultation event. MIKE DONACHIE/METRO

It was the beginning of the end of the discussion about downtown. But the new future being considered is exciting, and vital to London's core, city planner John Fleming said Wednesday.

"The importance of this plan and the resources that are put to this plan, I don't think can be overemphasized," Fleming told about 100 people at London Convention Centre.

They had arrived at the community consultation event to hear about the plans for the core and to express opinions about which parts they liked,

or didn't like.

But there was a 21st century way of joining in. Participants could vote for their preferences by cellphone and, with the service promised on the city website london.ca, everyone else can vote within a week too.

"There really is not a more important part of the city in determining the city's image, and essentially telling the rest of the world what we're all about, than the downtown," said Fleming.

"It's our calling card to the

world."

Residents, campaigners, business people, councillors and others were all there to add their views.

They heard Fleming and colleague Sean Galloway explain the plans for downtown, which have stated aims including "creating a buzz," making Dundas the most exciting street in the city and reconnecting with the Thames River.

Once all the opinions are gathered, city staff will present plans to councillors.

MIKE DONACHIE/METRO

Transformational projects

The public is voting on:

- Improvements to Dundas and Richmond Streets and to the "market district" around Covent Garden.
- An "urban beach" at the Forks of the Thames
- A performance venue (a longer-term and ambitious goal)

Adaptive classes

Grant gets things cookin' for Cheshire

Cheshire Homes of London Inc. has been awarded a \$26,500 grant through the Ontario Trillium Foundation to run adaptive cooking classes for people with disabilities.

Students will learn the basics of healthy cooking and valuable kitchen and meal-planning skills using

tools and appliances that are adapted to meet their needs.

Participants are clients from Cheshire Homes, as well as other local organizations such as Canadian National Institute for the Blind, Participation House, Canadian Mental Health Association London-Middlesex and Community Living London.

The grant was announced Wednesday by Deb Matthews, MPP for London North Centre. **METRO**

Found 'safe'

Happy ending in search for missing 77-year-old woman

A search in London Tuesday night successfully located a missing 77-year-old woman.

Cops appealed for help in finding Lidia Garbaczewska, who was last seen at approximately 10:30 p.m. Monday night near her

home in the area of Constable Street and Olympic Crescent.

Police and family were concerned for her welfare. Cops even asked residents to check their properties in case the missing woman was there without their knowledge.

But Garbaczewska was found during the evening and said to be "safe." She was taken to hospital for medical assessment.

METRO

Homes searched

Police raids lead to child-porn charges for two men

Two men face child pornography charges after police raided homes in Strathroy and Ingersoll earlier this month.

OPP officers searched a home in Strathroy Oct. 8 and claim they found images of children being sex-

ually abused on a computer. Jesse James Lowes, 25, has been charged with three counts of possession of child pornography, two counts of making it available, and a single charge of accessing it.

A day later, police descended on a house in Ingersoll and took two computers they say carried images of sexual abuse.

Jahir Salas Vargas, 38, faces similar charges.

SCOTT TAYLOR/METRO

Beware the online predator: Police

Danger in cyberspace.

Parents advised on how to protect their children online



SCOTT TAYLOR
scott.taylor@metronews.ca

It was almost bedtime and 11-year-old Suzie was alone in her room using Skype when she received a message from a person with username reg99902 asking her to add them to her contacts.

Username reg99902 had an image of a man in his early 20s. He looked nice enough so she added him to her contact list.

They began to chat via instant message. During this time, the man was able to obtain personal information about Suzie including her age, school, street address and her teacher's name.

Once he had these details, he turned the conversation to a sexual nature and asked her if she had ever had sex.

Suzie was scared, but reg99902 threatened that he would tell her teacher what

Raising awareness

October is Child Abuse Prevention Month.

- The Child Abuse Prevention Council of London and Middlesex (capclm.ca) is an umbrella group of organizations that work together on the prevention, identification and treatment of child abuse and neglect.

she was doing if she didn't answer his questions.

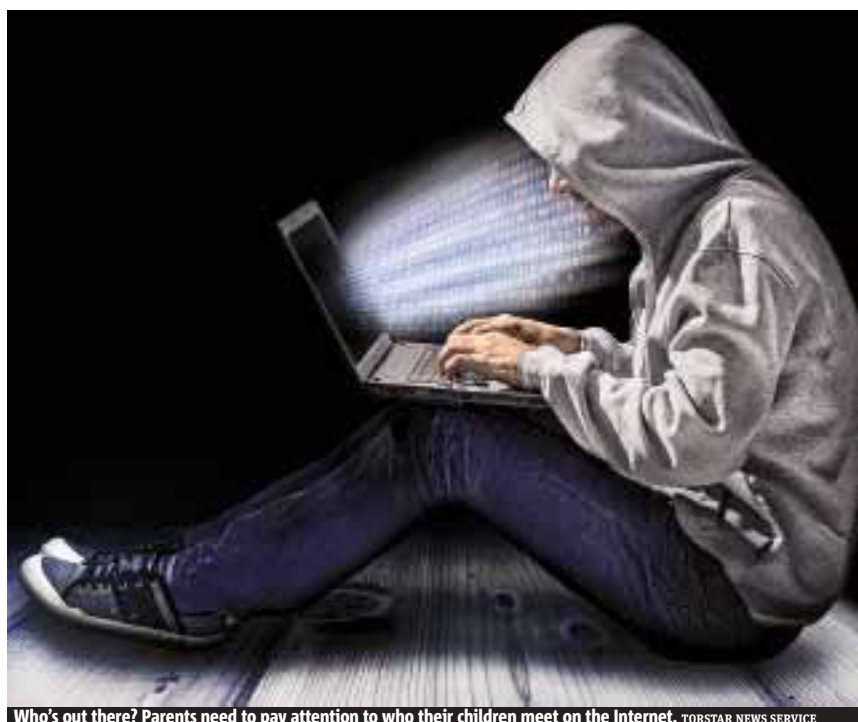
Fearing that she had done something wrong, Suzie continued the conversation.

The scenario above is fictional, but in real life it happens more times than police care to mention.

"This type of event happens every week," said Det. Sgt. Judie Webb of the London police sexual assault and child abuse section. "We all have calls like this weekly."

The best course of action, she said, is prevention and never fear to err on the side of caution.

"Be cognizant and limit the amount of time your child



Who's out there? Parents need to pay attention to who their children meet on the Internet. **TORSTAR NEWS SERVICE**

is on the Internet. Have face-to-face talks with your child about the consequences of how they're interacting on

the web."

Once the window has been opened a little, a lot of personal information seeps out.

"That can put the child and the family at risk," she said.

If that happens, Webb said, call the police immediately.

Tips for parents

Ways to keep your children safe while they're online:

- Parents should know their kids' online friends. If one is older or they don't recognize someone, find out how that friend got on the contact list.
- Check temporary files to see what chat rooms kids have been in.
- Search your child's name on Google to see if there are photos you don't know exist.
- Make sure web cams are unplugged or covered when not in use. Some predators have the technology to turn the camera on remotely if it's still plugged in.
- Develop trust, so kids feel safe telling you about online problems.
- Report suspected activity to cybertip.ca.

Problem site. Illegal dumpers caught on camera

Do you know these men? The city is out to get them.

The City of London appealed for help from the public Wednesday to identify two people seen illegally dumping garbage on city property.

On Saturday, at about 5:30 p.m., the pair got out of a pickup truck and dumped "a large volume of debris," city staff said. It happened at the municipal parking lot near the intersection of Elizabeth and Dundas streets, and it was caught on camera.

"Illegal dumping at this Municipal Parking Lot has been an ongoing issue," said Orest

Katolyk, the chief of municipal law enforcement services.

"We've installed additional 'No Dumping' signage and have increased inspections. Several persons have been recently charged and convicted of illegal dumping at this location.

"We are seeking help from the public in identifying the individuals in the photo unlawfully littering."

Anyone with information in relation to the incident is asked to contact Municipal Law Enforcement Services at 519-661-4660 or enforcement@london.ca. **METRO**



Who are they? A city camera image shows two people dumping garbage in a parking lot. **CONTRIBUTED**

Ticket the least of his troubles. Cyclist faces drug, weapons charges after running red light

It was his red light to ruin.

Two London police officers on foot patrol spotted a cyclist cruise through a red light at Dundas and William streets Tuesday at 5:50 p.m.

What began as a ticket ended with an arrest when the cops learned he was carrying a spring-loaded folding knife, police say.

During the unexpected arrest, the officers reportedly

found a trace amount of crystal methamphetamine and 5.8 grams of marijuana, valued at \$58.

Still, it wasn't over yet for the hapless cyclist. Police say further investigation found the bike he was riding had been reported stolen on Sept. 20.

David George, 33, of London, faces several drug and weapons charges.

SCOTT TAYLOR/METRO

Harper's throne speech courts the middle class

Eye on the election.

PM beset by Senate expense scandal and polls showing his party tied with or trailing the Liberals

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal



PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by

noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a na-

tion "great in thought, great in action, great in hope and great in position."

"His vision has come to pass," said the Governor General. Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties.

THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public. In others, photos are taken during a sexual assault and posted online.

JESSICA SMITH/METRO IN TORONTO

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

"There is no free pocket money that we can go to, to implement some of those things," he said. From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons. Corrections complied with one-third of ensuing coroner jury recommendations, the inquest heard. Corrections said it has made improvements since Smith's death. THE CANADIAN PRESS



Ashley Smith

THE CANADIAN PRESS

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U.S. Congress races to pass budget bill, reopen government

'A time for reconciliation'

Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Congress raced Wednesday to approve a bipartisan deal to avert a U.S. default and reopen the federal government, a move intended to end a prolonged fiscal crisis that battered Republican approval ratings and threatened the global economy with a new recession.

Republicans were left with little to show for their fight — in political terms, the final agreement was almost entirely along lines President Barack Obama had set when the impasse began last month.



Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

It includes nothing for Republicans demanding to eradicate or scale back Obama's signature health-care overhaul.

"We fought the good fight. We just didn't win,"

conceded House Speaker John Boehner as lawmakers lined up to vote on the bill.

The Senate voted to avoid the default, 81-18, Wednesday night. The measure then headed to the House, which

was expected to back the bill.

Harry Reid, the Democratic Senate majority leader, thanked Sen. Mitch McConnell, the Republican minority leader, for working

with him to end what had become one of the nastiest partisan battles in recent Washington history.

"This is a time for reconciliation," Reid said.

THE ASSOCIATED PRESS

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders intend to vote for the bipartisan agreement, officials said Wednesday, but Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement.

THE ASSOCIATED PRESS

Laos

Canadian among 49 feared dead in plane crash

A domestic flight crashed Wednesday in Laos and all 49 people on board, including a Canadian, are feared dead, said the government of the Southeast Asian nation.

The Ministry of Public Works and Transport said 44 passengers from 11 countries and five crew members were aboard Laos Airlines flight QV301 travelling from the Lao capital, Vientiane, to Pakse in the country's south.

A Foreign Affairs spokesman in Ottawa said the department is working closely with local authorities to confirm if Canadian citizens "have been affected."

The Lao government said the airline "is taking all necessary steps to co-ordinate and dispatch all rescue units to the accident site in the hope of finding survivors."

However, a statement from Australia's Department of Foreign Affairs said "Lao authorities have told our embassy in Vientiane they do not expect any survivors."

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

France. Public detainment, expulsion of teen outrages immigrant groups



From left, Maria Dibrani, 17, and Leonarda, 15, expelled from France last week, talk on their mobile phones in a shelter house in Mitrovica, Kosovo, Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager.

It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor

Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed."

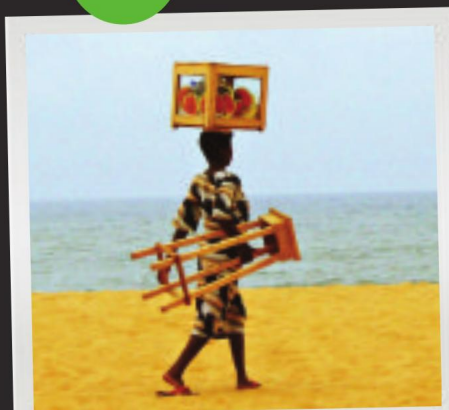
"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

THE ASSOCIATED PRESS

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Believe it or not: Aquarium finally opens in T.O.

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and \$130 million in costs, Ripley's Aquarium of Canada opened to the public Wednesday. The aquarium, billed as the country's largest, is home to more than 13,000 aquatic animals and 450 different species held in nearly six million litres of water. More than 10,000 tickets to the downtown facility have already been sold online. **RIPLY'S AQUARIUM OF CANADA/THE CANADIAN PRESS**

We beat the U.S. ... in network speed

Canada: 1, America: 0.
A new study finds wireless speed is faster in our cities than in the States, but we pay more to be able to get that Instagram pic up quicker

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based online publication said the speeds delivered by the country's three major

telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

THE CANADIAN PRESS

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart.

While Canada's largest grocer provided no details on the downsizing in a brief email response Wednesday, the company is continuing to grapple with heightened competition from fellow grocers and a consolidation of the industry. **THE CANADIAN PRESS**

Lac-Mégantic disaster

Railway licence extended until Feb.

The Canada Transportation Agency has extended until Feb. 1 the operating licence of the insolvent railway involved in last July's deadly explosion in Lac-Mégantic, Que., citing reduced risk caused by a dramatic cut in the transportation of dangerous goods. **THE CANADIAN PRESS**

Market Minute



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Join Us CROHN'S & COLITIS Patient Education Symposia

inflammatory bowel disease connect with others
latest news in research living well with our personal testimonials

www.ccfc.ca/symposium2013

The Crohn's and Colitis Foundation of Canada (CCFC) presents a free educational forum.

Living with inflammatory bowel disease (IBD) can be challenging, and varies in severity from person-to-person. If you have been diagnosed with or treated for IBD, you may have questions about effective management and finding a treatment that's right for you.

This coming November, the CCFC is pleased to present the Crohn's & Colitis Patient Education Symposia. Learn about IBD, build a network of support and gain a better understanding about treatment options and research.

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HOW TO EASILY SAVE THE WORLD

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those



HE SAYS

John Mazerolle

metronews.ca

late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming Blackberrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from

a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Clean-

ing that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom



COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap titled Mother's Little Headful was taken by 14-year-old Udayan Rao Pawar who won the award for Young Wildlife Photographer of the Year at the ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**



This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas



ISTOCK IMAGES

of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter



@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - / I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #Gatewaypoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Juno-nominated Mays plays the lone wolf role on Coyote

New music. He travelled all over the world to find the words to express what he was feeling about the loss of his bandmate Jay Smith



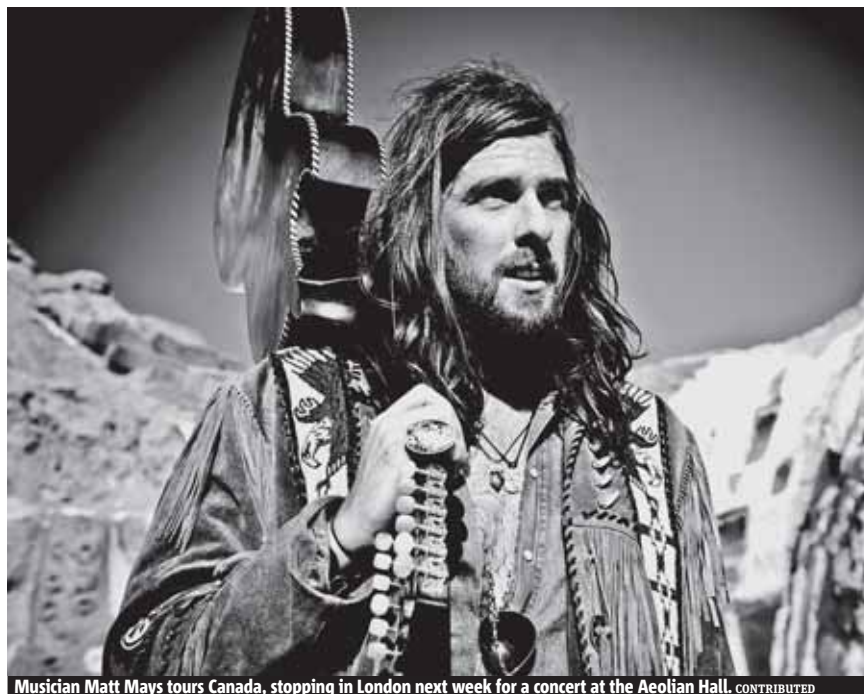
BACKSTAGE PASS
Milla Petkovic
london@metronews.ca

After the big release of his album *Coyote* last year, touring with his band, and the death of his bandmate and friend Jay Smith in March, Matt Mays is getting back to basics with a simple solo tour.

Mays will stop in London during his cross-country journey to play the Aeolian Hall on Tuesday, Oct. 22.

"We will be doing some songs we don't usually do live, off older records, and a few new ones too," says Mays, who has won numerous East Coast Music Awards and been nominated for four JUNO Awards.

Coyote is Matt's fifth album since his self-titled debut. The album's name comes from the artist's run-in with a coyote in Laguna Beach one dark and chilly night.



Musician Matt Mays tours Canada, stopping in London next week for a concert at the Aeolian Hall. CONTRIBUTED

"I was up the hills at an impound waiting to be let in to get my car back. One came up over the bluff fairly close to me. We were sort of checking each other out. I took it as a sign," said the musician this week.

Mays is a bit of a nomad who derives inspiration from being on the move. While

writing the album, he was travelling and living in Mexico, California, Indonesia, Hawaii, Costa Rica and New York.

"I go crazy if I'm in one town for too long ... I'm a stimulation junkie in every way. It's good and bad, but I still go for it. I conjure up ideas and it frees everything

up in my mind to write a song. My creativity sort of dries up a bit otherwise," says Mays.

His song *Chase the Light* is about perseverance and keeping your chin up, he says.

"Being a travelling musician and going against the grain so much is very challenging. People think its all

sex, drugs and rock 'n' roll. But, it's mostly just sitting in a van, getting dumped, being away from your family and sitting in at sound check. You lose a little faith sometimes," says Mays, who hasn't felt like picking up the guitar since his friend and band member Jay Smith took his own life this spring while on tour.

"I've been writing a lot of words down, so I still feel creative. I'm not worried about writers block. My mind is doing a lot of stuff I don't even know about right now, and I'm just letting it go," says Mays. "When I'm playing live, I start having fun again."

Mays is hitting the Aeolian Hall on Tuesday, Oct. 22. Doors open at 7 p.m. and tickets are \$30 at the door.

Events

A couple other events this weekend

- **Show.** DJ Spooky, That Subliminal Kid is playing Museum London on Friday at 8:30 p.m. Tickets are \$12.
- **Painter.** Art reception on Friday at 6 p.m. at McIntosh Gallery featuring Ottawa painter Carol Wainio's series *The Book*.

2 SCENE

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Easy Ryder Serena enjoying the journey

Harmony. Despite her platinum-selling album gaining fans daily, the Canadian songstress remains grounded, loves kids and seeks out adventure

MIKE
BENHAIM
scene@metronews.ca

It's been seven years since the song *Weak in the Knees* first drew my attention to this Canadian singer-songwriter, though in fact, she had already been producing music for the better part of a decade. Now on the heels of a North American

tour with OneRepublic, her 2013 Juno-winning, platinum-selling album *Harmony* is gaining fans daily. With hits like *Stompa* and *What I Wouldn't* Do flooding the airwaves of late, the multi-talented Serena Ryder graciously allowed me a peek at the person behind the voice.

You've shared the stage with

some amazing icons. In 2011, you toured and performed with Melissa Etheridge. What did that do for you?

It's turned into a friendship. She's an awesome woman and person. Some people think it's important to create a stage persona, but I've always felt more comfortable being myself. The inspiring thing about Melissa is that she's down to earth, on-

stage and off.

How about artistically?

Musically, her blood runs authentic rock 'n' roll. She's influenced so many people just by being a part of it. Genuine artistry like hers over a 25-year career has to impact many artists, sometimes even inadvertently.

You participated in "We Day".

Was there some special connection for you?

Absolutely. It was important to me. I believe that every little bit counts and everyone can affect change. I've always connected with kids. I was a nanny for five years. Children really hold the world in their hands without knowing it, but give them the tiniest inspiration and incredible things inevitably happen. So, 20,000 kids changing the world? To be part of that just blew my mind.

Nobodies who are everybody's?

Exactly. And that's what music does. It brings people from different cultures together, changes the way they see things and maybe awakens something. Hey, even smiling at someone on the street can change their day.

So what is your idea of perfect happiness?

Satisfaction.

When you can afford it, what is your greatest extravagance?

First class travel.

Amen to that! What do you

consider the most overrated quality?

Looks.

If you could change one thing about yourself, what would it be?

Looks.

Alright, if you were granted a super-power, what would it be?

Looks?

Flying.

What quality do you look for and admire in your friends?

Self-love.

We seek inspiration, but often it finds us. Who is your real-life hero?

I worked as nanny for a vivacious woman named Joanne Calderon. I observed her love for adventure, art and beauty, and that inspired me to follow my passion for those things as well.

What advice would you offer a young aspiring artist pressured to choose the safer path?

The person you need to trust more than anyone is yourself, but go about it based on what you feel and need, not pointing at what anyone else is doing to you. If your parents say something that rings true to some part of you, you need to listen to that too. Say, "I would love to be respected for my decision," and then set out to earn that.

You already have, Ms. Ryder, and now, I must call my mother.



Serena Ryder's platinum-selling album *Harmony* is gaining her new fans every day. CONTRIBUTED



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Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**

Online

Find more of the tenors

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing.
- **Contest.** Your could-win a chance to see The Tenors perform in Vancouver! Go to clubmetro.ca to enter.



COURTESY OF RANDEE ST NICHOLAS

Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliuzzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves and always made them feel like members of the family. It's taught us to always care for others and never judge those who find themselves in difficult situations."

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Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to *Star* magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding that

friends and family “have been begging him to seek help. The tour would have never survived with how Joe was behaving.” Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

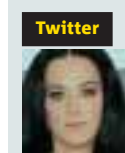


Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like *Escape Plan* is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?



Twitter

@katyperry

Chatty
I refuse to speak Starbucks until I've actually learned Italian.



@Rihanna

420'ish



@SarahKSilverman

Just a quick reminder: other people exist



Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent *Free Birds* premiere in L.A.

"The premiere was at noon and I went to bed at 6:30 or 7 a.m."

having stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.

The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT

Metro World News

Eliza Doolittle's track *Big When I Was Little* would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratefully peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track *You & Me* and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album *In Your Hands* (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you de-



Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

liberately shrink clothes or shop the children's section?

I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?

Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous and wear black?

I actually haven't been wearing as many colours as I used to. I'm the kind of person

that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?

Music is the only thing that is going to be there for me no matter what. So when I finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?

Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items



Yon-Ka

Crème PS, \$56, yonka.com

Clinique

Chubby Stick intense moisturizing lip colour balm, \$17, clinique.com



Kevyn Aucoin

Celestial Bronzing Veil, \$48, kevyнауcoin.com

3 THE

more music
more fun



more1039.ca



A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna



This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in *The Can't Cook Book*. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture.

Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). **RECIPE, COPYRIGHT**

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

© 2013 BY JESSICA SEINFELD FROM THE *CAN'T COOK BOOK* PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

Conquer the kitchen



If you and the kitchen don't get along, Jessica Seinfeld's *The Can't Cook Book* is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with *The Can't Cook Book* are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. **METRO**



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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays.

This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.

- Measure the depth of your sofa or chair seat cushion; a pillow should never take up more than a third of that depth.
- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

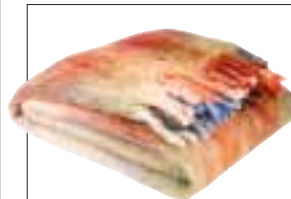
A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, \$299, cb2.com.



Low vases are best for coffee and cocktail tables. Miramar vase, \$91, crateandbarrel.com.



Add life to a corner chair (or simply hide a stain). Mohair plaid throw, \$199, zarahome.com.



Pillows become art. Family pillow cover, 12 x 19.5 inches, \$50, zarahome.com.



A low glass bowl or tray helps to keep small items organized. Sandia Platter, \$65, crateandbarrel.com.

Capulet Towers

50 Capulet Lane

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- ★ Indoor saltwater pool and whirlpool
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Improving efficiency

Energy. A home audit can determine if you need to make changes to improve energy use

RICHARD WOODBURY
For Metro

There is good news for people who want to improve the energy efficiency of their home but don't know where to begin. You can hire a professional to perform a home energy audit.

The professional will take measurements of your home, evaluate the quality of the insulation throughout the house and do what is known as a blower test. This test involves the use of a small fan, which determines how much air leakage is present in the home.

"You can actually feel the cold air hitting your face

or your hand and it really opens your eyes to see what your house is actually doing," said Dave Corning, a program manager with Efficiency Nova Scotia, an independent non-profit organization tasked with helping homeowners, tenants and businesses use energy better.

The data accumulated from the assessment is then input into a software program, from which an EnerGuide rating is developed. The number ranges from zero to 100 and is an indication of the overall energy efficiency of a home. Corning says anything above 80 is considered good. From there, the consumer will be



The data accumulated from a home energy audit will tally an EnerGuide rating. PETRA D/COLOURBOX

provided with a report.

"Basically, it will identify ways you can make improvements to your home," said Zygmunt Strawczynski, a program manager with

EnerQuality, a for-profit Ontario company that develops and delivers energy sustainability programs.

Some of the common recommendations these reports

make include replacing windows and doors, and upgrading the insulation.

Besides the financial savings people will enjoy over time, other benefits of making

upgrades include the increased comfort of living in a home that isn't drafty and cool, as well as higher indoor environmental air quality, Strawczynski said.

HOUSE & HOME

METRO CUSTOM PUBLISHING

Are you overpaying for your gas & hydro because of an aging heating & cooling system in your home?

- Did you know that as much as 60% of your home's energy use goes towards heating & cooling your home?
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See the example below.



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Andrew Joiner
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Tel: 519 686-0940
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ajoiner@reliancecomfort.com



CONTRIBUTED

PEACE OF MIND AT HOME

Nothing is as warming as comfort and security — and thanks to Reliance Home Comfort, enjoying a warm and comfortable home is easier than ever.

"There are going to be those who prefer to pay all at once, but for most people furnace and air conditioners are perceived as a big expense and not one that they look forward to," says Andrew Joiner, the residential sales manager for London and the Greater London Area. "Our heating and cooling rental program provides peace of mind with a monthly payment. The customer can benefit from the fact

that the installation, maintenance and service are included."

Although the Reliance name has been around since the mid-2000s, chances are many Ontarians have had a relationship with the company for years.

"We were originally Union Gas and with deregulation in the 1990s, we branched off into Union Energy," Joiner says. "Now people know us as Reliance, but they may have been a customer of ours for years without knowing it."

For more information, please visit reliancehomecomfort.com.

NFL

Suh finds himself with another fine

Ndamukong Suh has been fined by the NFL.

Again.

The Detroit Lions defensive tackle was docked \$31,500 by the league for a hit on Cleveland Browns quarterback Brandon Weeden, a person familiar with the decision told The Associated Press. Since Detroit selected Suh No. 2 overall in 2010, he has been fined seven times for more than \$200,000.

THE ASSOCIATED PRESS

NFL

Bills' Manuel out another 4-6 weeks

Buffalo Bills rookie quarterback EJ Manuel is expected to miss another four to six weeks now that he's begun rehabbing his sprained right knee.

Coach Doug Marrone was able to provide a more definitive timetable on Manuel's recovery Wednesday after consulting with team doctors. Manuel began working out on his own Tuesday for the first time since being hurt in a loss to Cleveland on Oct. 3.

Thad Lewis is set to make his second consecutive start Sunday, when Buffalo (2-4) plays at Miami (3-2). THE ASSOCIATED PRESS



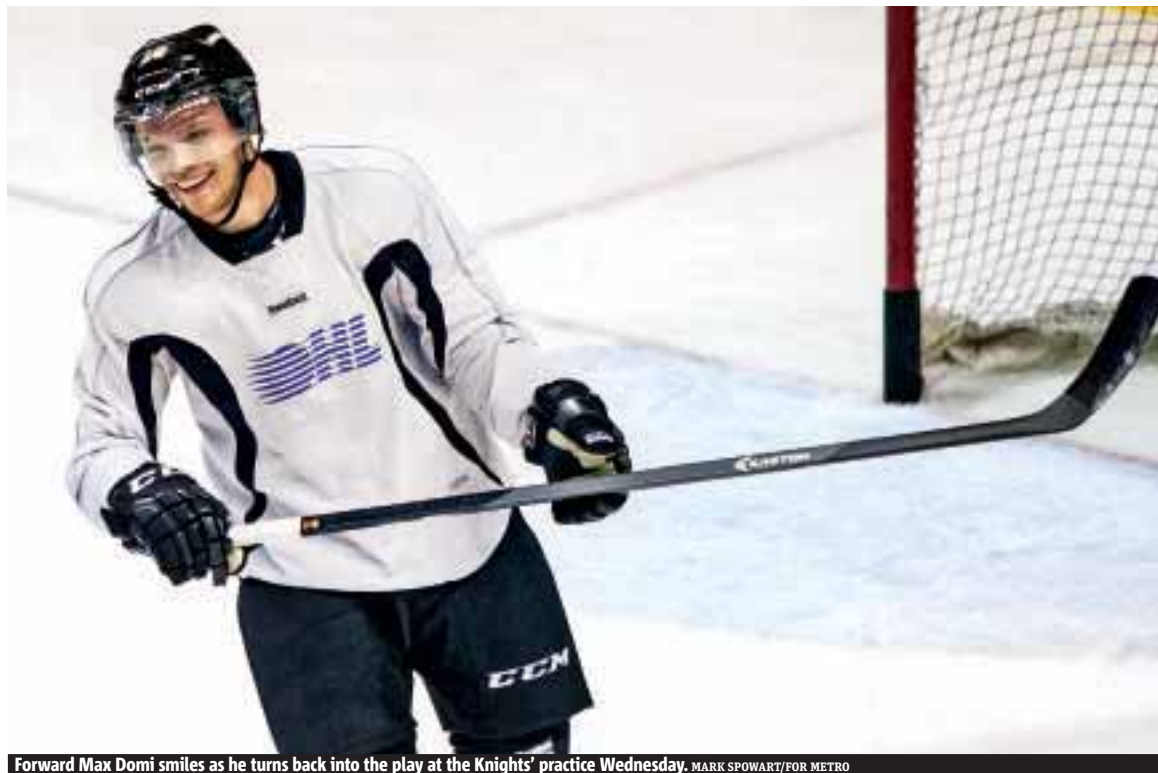
The Bills' rookie quarterback EJ Manuel GETTY IMAGES

Entering the Hall of Fame



"I thought I was dreaming obviously — and I still am."

Curler Russ Howard describing his reaction to the news of his naming into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.



Forward Max Domi smiles as he turns back into the play at the Knights' practice Wednesday. MARK SPOWART/FOR METRO

Dommi happy to be back in Knights fold

OHL. Time in Phoenix integral to young forward's renewed focus on winning



DAVE LANGFORD
dave.langford@metronews.ca

Max Domi sees one major similarity between two former Washington Capitals teammates.

"They both like to win," Domi said Wednesday after the London Knights' practice Wednesday. "One of the

things they have in common is that for sure."

"They" in this case are the two head coaches Domi has played for this season. One is Phoenix Coyotes head coach Dave Tippett and the other is Knights head coach Dale Hunter.

The two were teammates with the Capitals from 1990-92 and Domi overlapped with the two coaches this season by spending training camp with the Coyotes — he was their first-round selection in the 2013 NHL draft — and now starting his third OHL year with Knights.

Domi, 18, said he was told

by Tippett just to "work hard every day" and "have fun" when he rejoined the Knights.

"We've got a great team and we work hard ... We've just got to get on that whole winning thing and once we get that going, it should be a lot of fun," Domi said.

Knights general manager Mark Hunter said he has no doubt Domi will elevate his game.

"He's working hard in practice. Good attitude. Nice young man. Wants to be a hockey player and he does what it takes to be a hockey player," Mark Hunter said.

Dale Hunter talked to Tip-

pett about Domi's time with the Coyotes.

"He was happy with him. He had some good games in the exhibitions. Just work on the overall game. He wants to see improvement from year to year," Dale Hunter said.

"They expect big things from Max. He's a top-six forward in the National Hockey League. They said he was very good. But they want to use him as a top six. Needs to get good ice time and play."

The Knights play the Oshawa Generals on Friday at the Budweiser Gardens and then Saturday in Windsor against the Spitfires.

Barracks featured in Memorial Cup logo



The 2014 Memorial Cup logo
CONTRIBUTED

Wolseley Barracks will be front and centre at the 2014 Memorial Cup in London.

The 2014 Memorial Cup logo was unveiled Wednesday and the barracks is featured in the logo. For many years, the barracks was known as Canadian Forces Base London, established in the 1880's. It was the first military building constructed by the government of

Canada.

Wolseley Barracks is now home to The Royal Canadian Regiment Museum which is found in historic Wolseley Hall. It has been designated as a National Historic Site of Canada.

The 2014 logo also features the traditional likeness of the Memorial Cup trophy along with a poppy at the centre of the logo symbolizing the

event's long-standing support of Canadian Armed Forces.

The 2014 cup marks the 96th edition of the national championship and takes place May 16-25 at Budweiser Gardens. It features the host London Knights, along with the champions of the OHL, Western Hockey League and the Quebec Major Junior Hockey League. DAVE LANGFORD/METRO

NHL. Avalanche's Roy cools off to help his team warm up to record start

Patrick Roy has been way more composed than combustible on the bench through the Colorado Avalanche's sizzling start to the season.

Then again, there hasn't been much that has gone wrong for the goalie-turned-coach who is well known for his fiery personality.

Sure, there was that meltdown in his first game in charge when he nearly crashed through a glass partition during an argument with Anaheim's Bruce Boudreau following a 6-1 win. Other than that, he's been fairly mild-mannered.

Roy's players certainly don't view him as volatile so much as an invigorating presence that's ignited a much-needed spark. Behind Roy, the team is 6-0 and can match the best start in franchise history with a win over the Detroit Red Wings on Thursday night.

"There's never panic with him," forward Matt Duchene explained. "We could be playing awful, be down a bunch

Full circle

With a win Thursday, Roy would break the mark for most NHL wins to start a coaching career. He shares the record with Mario Tremblay, who won his first six games with Montreal in 1995-96, a team Roy played for before being dealt to the Avalanche that season after a falling out with Tremblay.

of goals and he doesn't really panic that much. It's nice to have a guy like that behind you."

This is the nurturing side of Roy, instilling confidence through compliments. He actually gave the team a break from the ice Wednesday because he thought they were looking a little tired.

"He knows how to win and he's won before, so that jolt of energy has done a lot for us," defenceman Erik Johnson said.

THE ASSOCIATED PRESS

Dodgers revive their bats to take Cards deep 4 times



The Dodgers' Adrian Gonzalez strokes one of his two home runs against the Cardinals on Wednesday in Los Angeles. JEFF GROSS/GETTY IMAGES

MLB playoffs. 'This series is only getting started': Gonzalez sparks L.A.'s offence with 2 homers, 3 runs

Adrian Gonzalez homered twice and Zack Greinke gave the Los Angeles Dodgers the clutch performance they needed in a 6-4 victory over St. Louis on Wednesday that trimmed the Cardinals' lead to 3-2 in the NL championship series.

Carl Crawford and A.J. Ellis also went deep for the Dodgers, who rediscovered their power stroke just in time to save their season. They held on in the ninth inning, when St. Louis scored twice off closer Kenley Jansen before he struck out pinch-hitter Adron Chambers with two on to end it.

The best-of-seven series

Game 5

6

Dodgers

4

Cardinals

shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for the Dodgers against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"This series is only getting started," Gonzalez said. "We like where we're at."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

THE ASSOCIATED PRESS

Virtue, Moir swear by their summer training

Scott Moir has managed to keep tabs on his favourite team while he and partner Tessa Virtue prepare for the Sochi Olympics and what will likely be their final season of competition.

Is the Toronto Maple Leafs' sparkling 6-1 start to the NHL campaign a good omen for Canada's Olympic ice dance champions?

"That's pretty good. But Tessa and I are going for more of a 6-0 season this year; 6-1 is good by Leafs standard, but not for us," Moir said, laughing.

Indeed, Virtue and Moir couldn't have asked for a much better off-season of training. They took a pass on skating shows in Asia, and for once spent the summer training in Canton, Mich. The reward is they're perhaps in better shape and are better prepared than ever before.

And besides, there will be plenty of shows after Sochi.

"We've had mentors tell us in the past that you win the Olympics in the spring and summer the year before the Games and in our experience that certainly helps our cause, being ready early," Virtue said



Scott Moir and Tessa Virtue at the Four Continents Figure Skating Championships in February.

GETTY IMAGES FILE

on a conference call Wednesday, to preview next week's Skate Canada International. "Last summer was a lot busier, we did more shows, took more time away from training, and this year we really simplified things and just set our plan and showed up at the rink every day to execute that plan."

Virtue, from London, and Moir, from Ilderton, won the Finlandia Trophy earlier this

Quoted

"I think we don't have that naivete working in our favour heading into Sochi."

Tessa Virtue, on stress being the downside of having experience in high-level competitions.

month, easily topping the competition in what's a sort of warm-up event to the Grand Prix season.

"We're ready a lot earlier, we weren't just competing in Finland, kind of throwing up a Hail Mary, and just hoping we're going to get to the end," Moir said. "Now we're competing with expectations, so every competition is a stepping stone to our Olympic goals."

Four years ago, they were just keeping fingers crossed they'd get to the end. Virtue was in near constant pain from the compartment syndrome in both her legs — she later revealed it was a struggle just to walk to the cafeteria and back in the athletes village in Vancouver, where they went on to win gold. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
Washington	6	2	4	0	0	17	22	4
Florida	7	2	5	0	0	16	28	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
NY Rangers	5	1	4	0	0	9	25	2
Philadelphia	7	1	6	0	0	10	20	2

Wednesday's results

NY Rangers at Washington

Calgary at Anaheim

Tuesday's results

Toronto 4 Minnesota 1

Pittsburgh 3 Edmonton 2

Vancouver 3 Philadelphia 2

Ottawa 4 Phoenix 3 (OT)

San Jose 6 St. Louis 2

Colorado 3 Dallas 2

Nashville 4 Florida 3

Tampa Bay 5 Los Angeles 1

Chicago 3 Carolina 2 (SO)

Buffalo 4 NY Islanders 3 (SO)

Montreal 3 Winnipeg 0

Detroit 2 Columbus 1

Thursday's games

All times Eastern

Vancouver at Buffalo, 7 p.m.

Edmonton at NY Islanders, 7 p.m.

Carolina at Toronto, 7 p.m.

Pittsburgh at Philadelphia, 7 p.m.

Minnesota at Tampa Bay, 7:30 p.m.

Columbus at Montreal, 7:30 p.m.

New Jersey at Ottawa, 7:30 p.m.

Boston at Florida, 7:30 p.m.

Los Angeles at Nashville, 8 p.m.

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Anaheim	5	4	1	0	0	18	12	8
Calgary	5	3	0	1	1	18	17	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

d — division leader; x — clinched playoff berth.

St. Louis at Chicago, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Detroit at Colorado, 9 p.m.

Friday's games

St. Louis at Winnipeg, 8 p.m.

Phoenix at Anaheim, 10 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)

Wednesday's result

L.A. Dodgers 6 St. Louis 4

Tuesday's result

St. Louis 4 L.A. Dodgers 2

Friday's game — All times Eastern

L.A. Dodgers (Kershaw 16-9) at St. Louis

(Wacha 4-1), 8:37 p.m.

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Boston leads 2-1)

Wednesday's result

Boston at Detroit

Tuesday's result

Boston 1 Detroit 0

Thursday's game — All times Eastern

Boston (Lester 15-8) at Detroit (Sanchez

14-8), 8:07 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.

Friday's game — All times Eastern

Calgary at Edmonton, 9 p.m.

Saturday's games

Toronto at Winnipeg, 3:30 p.m.

B.C. at Saskatchewan, 7 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

NFL

Thursday's game — All times Eastern

Seattle at Arizona, 8:25 p.m.

Sunday's games

Cincinnati at Detroit, 1 p.m.

San Diego at Jacksonville, 1 p.m.

St. Louis at Carolina, 1 p.m.

Chicago at Washington, 1 p.m.

New England at N.Y. Jets, 1 p.m.

Buffalo at Miami, 1 p.m.

Dallas at Philadelphia, 1 p.m.

Tampa Bay at Atlanta, 1 p.m.

San Francisco at Tennessee, 4:05 p.m.

Cleveland at Green Bay, 4:25 p.m.

Houston at Kansas City, 4:25 p.m.

Baltimore at Pittsburgh, 4:25 p.m.

Denver at Indianapolis, 8:30 p.m.

Monday's game

Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result

Montreal at Los Angeles

Friday's game — All times Eastern

D.C. at Kansas City, 8 p.m.

Saturday's games

Philadelphia at Montreal, 2 p.m.

Seattle at Dallas, 2:30 p.m.

Vancouver at Colorado, 6 p.m.

Columbus at New England, 7:30 p.m.

Toronto at Chicago, 8:30 p.m.

Salt Lake at Portland, 10:30 p.m.

Horoscopes

♈ Aries

March 21 - April 20

The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus

April 21 - May 21

Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini

May 22 - June 21

You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer

June 22 - July 23

You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo

July 24 - Aug. 23

Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo

Aug. 24 - Sept. 23

It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra

Sept. 24 - Oct. 23

You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio

Oct. 24 - Nov. 22

You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius

Nov. 23 - Dec. 21

You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn

Dec. 22 - Jan. 20

The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius

Jan. 21 - Feb. 19

You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

♓ Pisces

Feb. 20 - March 20

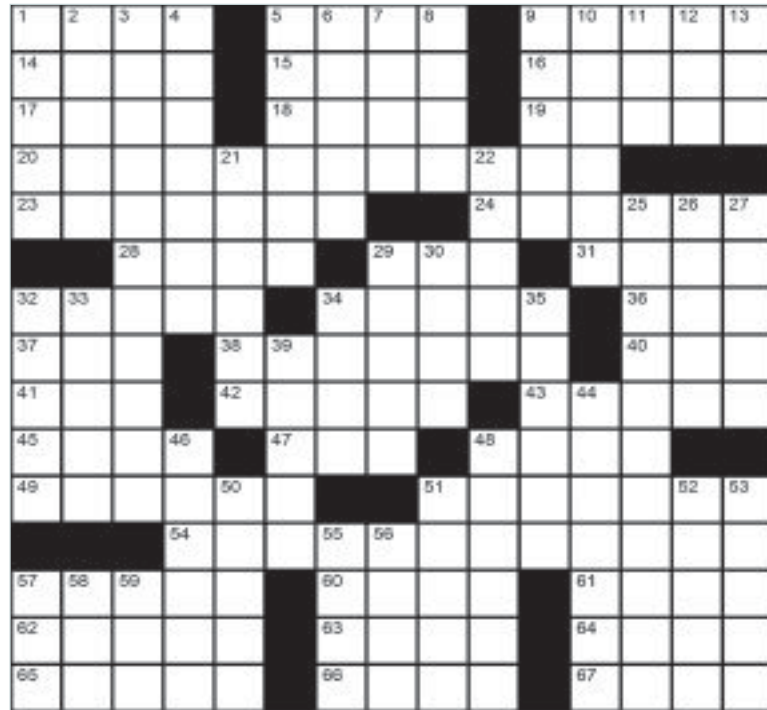
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Learning basics
- Rushed letters?
- Real ___ (Authenticity)
- Billy Crystal sitcom
- Sleuth's lead
- Gnaw geologically
- Money ___ object
- ___ Saint-Luc, Quebec
- Novelist Ayn's
- Info-disclosing link at a webpage's bottom: 2 wds.
- Open land area
- "Frida" or "Ray"
- Abbrs. in business names
- '_' in Jasper
- Emperor of Rome
- Annually, ___ year
- "The Crucible" (1996) setting
- Resume no.
- Mil. rank
- River in Alberta; or, Valley in Manitoba
- Murder trial's li'l bit of proof
- Grammy competitor, e.g.
- Gives the cold shoulder
- Helps in dishwashing
- His 'n' ___
- Filmmaker org.
- City of France



- Help in hockey goal-making
- "I Will Wait" by ___ & Sons
- Created-in-Calgary cocktail: 2 wds.
- Where Tripoli is the capital
- Stench
- Ailed, ___ fever

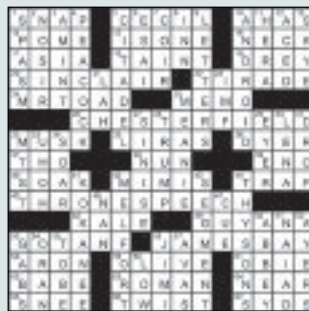
- Hall & Oates hit: "___ Education"
- One-minus-One
- ___ a shirt in
- Analyze/break down
- Roughly: 2 wds.
- "What's Hecuba to him ___ to Hecuba..." - Hamlet

Down

- Foreigner's "Cold ___": 2 wds.
- Fenway Park baseball team, to fans
- Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
- City in Washington
- Admission
- Slippery ___
- Car
- Chemical ___ (Dermatology service)
- Thanks, in Quebec City
- Colouring book need
- Jailbird

- "The ___ Couple"
- Thumbs-up
- HOW THIS IS WRITTEN: 2 wds.
- Henrik ___ (A Doll's House playwright)
- Dino on "The Flintstones": 2 wds.
- Songbook standard: "Goodnight, ___"
- Pepsi
- ___ the Hutt
- Actress Ms. Larter's
- D-Day beach
- Monickers
- Super pleased with oneself
- Puccini opera, ___ Butterfly
- Put an ___ (Halt): 2 wds.
- Cite or make mention of: 2 wds.
- Prophetesses of classical mythology
- Clock kind
- Writing tablet
- "Saturday Night Live" alum Mike
- Variety of salad dressing
- Toronto-born rapper
- Particular pasta
- ___ Lake, Nfld.
- Jogger's once-around
- Apples: ___ Red
- Li'l office

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	6	8	2	1	4	9	7
1	7	8	3	4	9	6	5	2
4	9	2	5	8	7	1	8	3
5	8	9	2	7	4	3	6	1
2	3	1	9	5	6	7	4	8
6	4	7	1	3	8	9	2	5
9	2	4	7	8	3	5	1	6
7	1	5	6	9	2	8	3	4
8	6	3	4	1	5	2	7	9

2				1	6	5		
	6			7		3	8	
1			3					9
				9			6	4
		3			7			
7	4			8				
3					5			2
	2	8		3			1	
	9	1	4					3

Today

14°/5°

Rain

90%

Friday

13°/5°

Partly cloudy

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	Each	1/2 Dozen	1 Dozen
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Samosas	\$1.00	\$4.99	\$8.99
Tand Chicken	\$1.25	\$7.50	\$15.00
Tandoori Fold	\$1.69	\$8.00	\$15.99
French Fries	1/2 lb. \$1.69	1 lb. \$2.69	
Papadum	2 for \$1.00		



SALADS

	Small	Large
Garden Salad	\$2.99	\$4.99
Caesar Salad	\$2.99	\$4.99
Fruit Salad	\$3.99	\$5.99
Tandoori Chicken Salad	\$5.99	\$7.99

VEGGIE CURRIES

	Small	Large
Lentils	\$2.99	\$3.99
Eggplant & Tomato	\$3.99	\$4.99
Chickpeas Curry	\$3.99	\$4.99
Spinach & Chickpeas	\$3.99	\$4.99
Okra & Tomatoes	\$3.99	\$4.99
Spinach & Potatoes	\$3.99	\$4.99
Mixed Vegetables	\$3.99	\$4.99

We make 50+ different kinds of
SAMOSAS

from scratch in our own kitchen!

Party Platters Available

RICE & BREADS

	Small	Large
Plain Basmati	\$2.00	\$4.00
Biryani	\$2.99	\$4.99
Naan Bread	\$1.00 each	Paratha \$1.00 each

MEAT CURRIES

	Small	Large
Butter Chicken	\$4.99	\$5.99
Chicken Tikka	\$4.99	\$5.99
Hihari	\$4.99	\$5.99
Spicy Coconut Chicken	\$4.99	\$5.99
Beef Korma	\$6.99	\$8.99
Beef Haleem	\$4.99	\$5.99
Lamb Korma	\$8.99	\$10.99
Aloo Keema	\$4.99	\$5.99

SANDWICHES

Veggie Wrap	\$2.99	
Egg Salad	\$2.99	
Tuna Wrap	\$3.71	
Tandoori		
Chicken Wrap	\$3.99	Smoked
Bun Kabab	\$2.99	Salmon \$4.99
Chicken Burger	\$2.99	Hot dog \$1.29



DRINKS AND REFRESHMENTS

Mango Lassi	\$4.25
Smoothies	\$4.25
Ice Cream	\$2.00
Milkshake	\$4.39

Celebrate YOUR WAY \$34.99

- | | | |
|---------------|--------------------------|---------------------------------------|
| (1) 6 Samosas | (2) Tray of Basmati Rice | (3) 2 Lg Biryani |
| 6 Naan bread | drizzled with | 2 Sm Meat Curry |
| 2 Lg Biryani | OR Butter Chicken | OR 2 Sm Veggie Curry |
| 2 Lg Curries | (serves up to 6 people) | 6 Naan bread |
| 6 Cans of pop | | Choice of 6 Samosas or Veggie Pakoras |

Mon-Fri. 10am-8pm | Sat 11am-6pm | Closed Sundays

www.nemats.com